

NAVIGATING THE ADDICTION PROTOCOL MAZE: EMDR THERAPY AND THE TREATMENT OF SUBSTANCE AND BEHAVIORAL ADDICTIONS

Hope Payson, L.C.S.W., L.A.D.C. and Kate Becker, L.C.S.W., R.Y.T.

Presented by EMDR Advanced Training and Distance Learning

This workshop explores the use of EMDR Therapy in the treatment of substance use disorders and other addictive and compulsive behaviors—specifically with clients who are not yet abstinent. Our treatment-focused workshop teaches how to stabilize clients and desensitize addiction memory networks without triggering increased substance use or relapse.

Addictive and compulsive behaviors can provide trauma survivors with a sense of escape from symptoms as well as feelings of safety, control, power and belonging. These seemingly positive aspects of compulsions are short lived and backfire with negative consequences, however the pull for relief from trauma symptoms are so great that cravings increase and a cycle of use ensues. Using demonstration, case presentation, lecture and video clips, this training offers an overview for working with people struggling with addiction. History-taking, increasing clients' inner locus of motivation, desensitizing cravings, and treating the underlying trauma will all be discussed. Clinicians will increase treatment planning skills and confidence in working with people with substance use disorders and behavioral addictions. **Attendees are provided with a scripted protocol handout to use after the training.** This protocol includes history-taking, Motivational Interviewing informed interweaves, desensitizing of cravings and working with the maladaptive seemingly positive aspects of using.

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December 13, 2019

9:00am to 4:30pm all days

Crowne Plaza Natick

1360 Worcester Street, Route 9,
Natick, MA 01760

**6 credits per day: EMDRIA, APA,
MSW, LMFT, LMHC, LPC and other
NBCC approved clinicians**

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| 9:00am | Introduction to the use of EMDR with addiction and the connection between trauma and addiction |
| 9:45 | How to take a trauma/addiction sensitive client history and assess for stage of change and common risk factors |
| 10:30 | Break |
| 10:45 | Motivational Interviewing & EMDR |
| 11:15 | Review of Phase 2 protocols, the use of A.J. Popky's "Positive Treatment Goal," addiction specific resources, and the use of future template to build access to healthier coping skills |
| 11:45 | Desensitizing triggers, urges and cravings. A.J. Popky's DeTUR protocol |
| 12:15pm | Lunch |
| 1:15 | AJ Popky's DeTUR Protocol continued |
| 2:15 | Introduction on to how to identify "Maladaptive Positive Feeling States," Miller's Feeling State Protocol and Knipe's Level of Positive Affect Protocol |
| 2:45 | Break |
| 3:00 | How to desensitize "Maladaptive Positive Feeling States" |
| 3:45 | The use of the Standard EMDR Protocol to address common treatment barriers |
| 4:00 | Treatment "flow chart"—treatment planning considerations |
| 4:30 | Close |

LEARNING OBJECTIVES—PARTICIPANTS WILL BE ABLE TO:

1. Articulate how trauma symptoms increase vulnerability to addiction.
2. Identify at least 2 addiction specific stabilization options to use in Phase 2 of EMDR therapy.
3. Describe the steps involved in addressing and desensitizing cravings, urges and triggers related to substance/behavioral addictions
4. Define the term: maladaptive positive feeling state.
5. Identify how to address the maladaptive “positive” feelings, body sensations or irrational cognitions linked to addictions.
6. Identify treatment planning options, and common NC/PC’s for clients with histories of complex trauma and addiction.

KEY TOPICS COVERED INCLUDE:

1. Common case conceptualization challenges
2. Increasing internal locus of control
3. Stages of Change Model
4. Motivational Interviewing techniques
5. DeTUR Protocol
6. Maladaptive positive affect and cognitions
7. Increasing flexibility and confidence
8. Treating non-abstinent clients



Hope Payson, LCSW, LADC is a licensed clinical social worker, alcohol and drug counselor and an EMDRIA Approved Consultant who specializes in the treatment of addiction and trauma. She has over 25 years of experience working in community mental health in the following capacities: director of a supportive housing program for domestic violence survivors, coordinator of an assertive community treatment team and originator of a homeless outreach program that included on-site assessment, treatment placement for clients with histories of addiction and trauma. She was the Clinical Director for EMDR HAP for seven years and remains an active HAP volunteer. She currently coordinates a group private practice in Winsted, Ct. and provides EMDR consultations to clinicians working in private and community settings. Hope is co-producer of the documentary “Uprooting Addiction.”

Kate Becker, LCSW, RYT, SCPG is a Licensed Clinical Social Worker, an EMDRIA Approved Consultant, HAP facilitator, a Registered Yoga Teacher, and is certified in Connecticut for Problem Gambling. Kate's specializes in the treatment of addiction, anxiety disorders and trauma. She has worked in community mental health and substance abuse and in hospice care. Kate has facilitated a variety of therapy groups including Relapse Prevention, Anger Management, Co-Occurring disorders, Problem Gambling and Intimate Partner Violence. Kate is currently completing her 500-hour yoga teacher training, and integrates meditation, breathing techniques, mantra and yoga asana in her work with clients. Her private practice is in Glastonbury, CT.



Mark Nickerson, LICSW maintains responsibility for this program and its content in accordance with EMDRIA standards. This workshop is held in facilities which are in compliance with the Americans with Disabilities Act. Please contact Mark Nickerson, LICSW if special accommodations are required. Completion of an EMDRIA approved basic EMDR therapy training is required. Advanced Psychotherapy Trainings is approved by the American Psychological Association to sponsor continuing education for psychologists. NY CEs by arrangement. EMDR ATDL maintains responsibility for this program and its content.

Online registration at: EMDRadvancedtrainings.com Questions? info@emdradvancedtrainings.com

Name _____

Discipline and License # _____

Address _____

City, State, Zip _____

Email _____ Phone _____

Level of EMDR Training _____

Program Fees (includes 6 CEs)

\$195 if sent by Nov 10, 2019
 \$225 if sent by Nov 26, 2019
 \$265 if sent **after** Nov 26, 2019

\$30/day discount for Clinicians working for non-profits (30+ hours a week)

Full refunds until October 27, 2019; then 80% until 1 week before training, no refunds after November 24, 2019.

- In Person
- Via Livestream

My payment of \$_____ is enclosed.
 Mail checks made payable to: Mark Nickerson, LICSW,
 441 West Street, Amherst, MA 01002